



Helene Madison

POOL

WINTER 2007



Table of Contents

Hours, Staff, and General Information	2
Prices and Passes	3
Lesson Schedule and Registration Information	4
Lesson Information.....	5 & 6
Fitness Programs	7
Open Swims.....	8
Pool Schedule	9



Serving the Community for 35 years

13401 Meridian Ave. N Seattle, WA 98133 ♦ 206-684-4979 ♦ Fax 206-733-9727
www.seattle.gov/parks/Aquatics/madisonpool.htm

NEW!

REGISTER ONLINE - it's easy!
www.seattle.gov/parks
Online Registration begins December 4 at 7 a.m.



SPARC

Helene Madison Pool

13401 Meridian Avenue North
Seattle, WA 98133
Phone: 206-684-4979 Fax 206-733-9727

Visit us online!

www.seattle.gov/parks/aquatics/madisonpool.htm

Hours of Operation/Cashier Available

Sunday	10:30 a.m. – 6 p.m.
Monday – Thursday	Noon – 8:30 p.m.
Friday	Noon – 8 p.m.
Saturday	Pool Closed

Holiday Closures

January 1	New Year's Day
January 15	Martin Luther King Jr. Day
February 19	Presidents' Day

Program Registration

See page 5.

Program Dates

January 2 – April 8, 2007

Professional Staff

Ken Bounds, *Superintendent*
Christopher Williams, *Operations Director*
Kathy Whitman, *Aquatics Manager*
Patsy Siegismund, *Senior Aquatics Coordinator*

Peter Brodtkin, *Aquatic Center Coordinator*
Katie Fridell, *Assistant Aquatic Center Coordinator*
Kerrie Stoops, *Senior Lifeguard*
Rachel Leitner, *Senior Lifeguard*
Emily Tillery, *Senior Lifeguard*
Scott Newing, *Lifeguard*
Nick Bautista, *Lead Cashier*
Pamela Wilson, *Cashier*
Paul Casler, *Pool Operator*

Registration

You can pay for classes and other activities online (see SPARC information on page 4), in person during regular facility hours, or by telephone with a credit card. We accept Visa, MasterCard and American Express. Please make checks and money orders out to City of Seattle. **Please Note:** Payment is due when you register. If your check is returned for insufficient funds, your registration will be cancelled until you pay the amount due, plus a \$20 fee. (Credit card or cash only.)

Refund Policy

It is the policy of Seattle Parks and Recreation that any person who registers for a swim class that is cancelled for any reason by the Department will receive a full refund. In the event of an unplanned cancellation of a single session of a class, that class will be rescheduled whenever possible. If it cannot be rescheduled, the participant will receive a credit. A participant may be issued a refund if

he/she drops a class, and notifies the program coordinator, prior to the second class session. The prorated class fee plus a service charge of \$5 or 10% of the fee, whichever is greater, will be retained by the facility. If a participant drops a class after the second session of a series, no refund will be given.

Low Income Program

The City of Seattle and Madison Pool try to ensure that swim lessons are available to everyone, regardless of their ability to pay. If you are interested in receiving a low-income reduced rate, please see our pool cashier for an application. Documentation is required and you must be a Seattle resident to qualify for the low income rate.

Waiting lists

We will create waiting lists for all filled classes. Please be sure to sign up if you are interested in a class that is full, because class openings often become available. If demand is high, we will try to form another class. Please contact us for space availability.

Class cancellations

A minimum of 4 students is required for all youth swimming classes. Programs may be combined or cancelled if minimum enrollment is not met. If a class is cancelled by the pool, the participant will be

refunded. (See refund policy.)

You can make a difference!

Madison Pool Advisory Council is a group of citizens dedicated to the enrichment of our community.

Our Advisory Council is always looking for new members. Meetings are held once a month to talk about programs, policies, and financial issues. Citizen direction and participation are vital to our continued success.

Madison Pool Rededication **Monday, January 8 ♦ 1 p.m.**

Please join Mayor Greg Nickels, and the staff and friends of Helene Madison Pool as we celebrate our 35th years of service to the community and the 75th anniversary of Helene Madison's 3 Olympic Gold Medals at the Los Angeles Olympics in 1932. We will unveil a commemorative sign and some light refreshments.

The Rededication includes free admission for the Lap Swim (noon to 2:30pm) and Exercise Class (Noon to 1:00 pm) that day.

Fee: None 1 – 2 p.m.



2007 Fees and Charges

Recreation Swim Prices

Children under 1 year	Free
Youth (Age 1 – 17)	\$2.75
Adult (Age 18 – 64)	\$3.75
Senior Adults (Age 65+)	\$2.75
Special Populations/ADA	\$2.75

Fitness Prices

Adult Fitness	\$4.75
Sr/Youth/ADA Fitness	\$3.00

Other Fees

"Just a Shower"	\$3.75
Towel Rental	50¢
Coin-Operated Locker	25¢
Goggles	\$4 – \$9
Caps	\$4 – \$8
Swim Diaper	\$1.50

Swim Passes

Recreation Swim Card (\$22 value!)	\$20.00
Fitness Swim Card (\$33 value!)	\$30.00
Adult FAST Pass	\$45.00
Youth/Senior/Special Pops FAST Pass	\$35.00

Patrons are required to pay in advance for each program they attend. Fees subject to change.

Swimming a lot and tired of carrying cash?
Consider a swim card — Good at all City pools!



Fitness Swim Cards

For \$30, you get \$33 worth of admissions to any Water Aerobics, Masters, or Deep Water Exercise Class.



Recreation Swim Cards

\$22 worth of admissions to Public, Family, Lap, and Adult Swims!

Swim Cards are non-refundable. Please present your card to the cashier for admission.

Coming to the pool more than three times a week?
Consider a F.A.S.T. Pass — Good at all City pools!



F.A.S.T. Passes

One month of unlimited admission to all pool fitness and recreation programs. *Please present your card to the cashier and sign in for admission. F.A.S.T. Passes are non-refundable and non-transferable.*



Winter 2007 Swim Lesson Information

Winter 2007 Swim Lesson Times

Class	Mon ¹	Tue	Wed	Thu	Fri ²	Tue/Thu ¹	Sun ³
Tots 6 mos.-4 yrs.	1-1:30 p.m.	6:30-7 p.m.		6:30-7 p.m.			11:30-Noon
3 Year Olds	5:30-6 p.m.		1-1:30 p.m.			5-5:30 p.m.	
Kinders (K)	6-6:30 p.m.	2:30-3 p.m.	6-6:30 p.m.		5-5:30 p.m.	5:30-6 p.m.	2:30-3 p.m.
Beginning Youth (Y)	6:30-7 p.m.	2-2:30 p.m.	5:30-6 p.m. 6:30-7 p.m.	2-2:30 p.m.	5:30-6 p.m.	6-6:30 p.m.	2-2:30 p.m. 3-3:30 p.m.
Special Pops	5-5:30 p.m.		5-5:30 p.m.				
Advanced Youth (A)	7-7:30 p.m.	2-2:30 p.m.	7-7:30 p.m.	2-2:30 p.m.		6-6:30 p.m.	3-3:30 p.m.
Adults/Seniors	7-7:30 p.m.		7-7:30 p.m.				
Springboard Diving	6:45-7:30 p.m. 7:30-8:15 p.m.		6:45-7:30 p.m. 7:30-8:15p.m.				6-6:45 p.m.

¹Pool closed January 15 & February 19 for Martin Luther King Day and Presidents Day

²No classes for Swim Meets January 26 and February 2

³No classes for Swim Meets January 14 and April 1

Helene Madison Pool Lesson Session Dates and Registration Schedule

Session	Program Dates	New Registration	Classes	Price
I Tue/Thu	Jan 2 to Feb 13	Online Dec 4 @ 7 a.m.	13	\$65 (\$104 3 Yr Olds)
II Tue/Thu	Feb 20 to April 5	Online Dec 4 @ 7 a.m.	14	\$70 (\$112 3 Yr Olds)
Mondays ¹	Jan 8 to April 2	Online Dec 4 @ 7 a.m.	11	\$55 (\$88 3 Yr Olds)
Tuesdays	Jan 2 to April 3	Online Dec 4 @ 7 a.m.	14	\$70
Wednesdays	Jan 3 to April 4	Online Dec 4 @ 7 a.m.	14	\$70 (\$112 3 Yr Olds)
Thursdays	Jan 4 to April 5	Online Dec 4 @ 7 a.m.	14	\$70
Fridays ²	Jan 5 to April 6	Online Dec 4 @ 7 a.m.	12	\$60
Sundays ³	Jan 7 to April 8	Online Dec 4 @ 7 a.m.	12	\$60

¹ Pool Closed January 15 and February 19 for Martin Luther King Day and Presidents Day

² No classes for Swim Meets January 26 and February 2

³No classes for Swim Meets January 14 and April 1

*Online Registration begins December 4 at 7 a.m.

Registration for Winter 2007 will be online and first-come, first-served for anyone who is already registered for SPARC. Staff will be at the pool beginning at Noon.

You can find the SPARC page at <http://www.seattle.gov/parks>.

Swim Lessons

Tot Swim Lessons 6 mos. to 3 yrs.

These lessons are for children 6 months to 3 years of age, to build swimming readiness by emphasizing fun in the water. Instructors teach the parents to work with their children in the water. Children learn water adjustment and movement exploration in the pool. All small children must wear a "swim" diaper or plastic pants under their suits in the pool. **All children must be accompanied into the pool by a responsible adult, parent, or guardian.**

#12177	Sun	11:30 – Noon	1/7 – 4/8	\$70
#12178	Mon	1 – 1:30 p.m.	1/8 – 4/2	\$55
#12175	Tue	6:30 – 7 p.m.	1/2 – 4/3	\$70
#12176	Thu	6:30 – 7 p.m.	1/4 – 4/5	\$70

No classes 1/14, 1/15, 2/19 and 4/1

Three Year Old Lessons

These small classes with knowledgeable instructors are designed to start your child learning basic swimming skills and water safety. Participants are required to complete one session of Tot Swim Lessons before registering for this class. They must feel comfortable in the water and be able to learn independently from their parent. Maximum ratio 3:1 per class.

#12173	TTh	5 – 5:30 p.m.	1/2 – 2/13	\$104
#12174	TTh	5 – 5:30 p.m.	2/20 to 4/5	\$112
#12171	Wed	1 – 1:30 p.m.	1/3 – 4/4	\$112
#12172	M	5:30 – 6 p.m.	1/8 – 4/2	\$88

No classes 1/15 and 2/19

Kinder Swim Lessons Ages 4 to 5

This class includes water adjustment and basic skills for children 4 to 5 years old, divided into 4 skill levels. These classes help build your child's confidence and provide a solid foundation for more advanced classes.

#12165	Sun	2:30 – 3 p.m.	1/7 – 4/8	\$60
#12166	Mon	6 – 6:30 p.m.	1/8 – 4/2	\$55
#12162	Tue	2:30 – 3 p.m.	1/2 – 4/3	\$70
#12167	TTh	5:30 – 6 p.m.	1/2 to 2/13	\$65
#12168	TTh	5:30 – 6 p.m.	2/20 – 4/5	\$70
#12163	Wed	6 – 6:30 p.m.	1/3 – 4/4	\$70
#12164	Fri	5 – 5:30 p.m.	1/5 – 4/6	\$60

No classes 1/14, 1/15, 1/26, 2/2, 2/19 and 4/1

Beginning Youth Lessons Ages 6 to 18

We offer beginning youth swim lessons in three skill levels. These classes will build skills, teach safety, and encourage fitness. Children can move into Advanced Youth classes upon completion of level 3.

#12155	Sun	2 – 2:30 p.m.	1/7 – 4/8	\$60
#12156	Sun	3 – 3:30 p.m.	1/7 – 4/8	\$60
#12157	Mon	6:30 – 7 p.m.	1/8 – 4/2	\$55
#12150	Tue	2 – 3:30 p.m.	1/2 – 4/3	\$70
#12158	TTh	6 – 6:30 p.m.	1/2 to 2/13	\$65
#12159	TTh	6 – 6:30 p.m.	2/20 to 4/5	\$70
#12151	Wed	5:30 – 6 p.m.	1/3 – 4/4	\$70
#12152	Wed	6:30 – 7 p.m.	1/3 – 4/4	\$70
#12153	Thu	2 – 2:30 p.m.	1/4 – 4/5	\$70
#12154	Fri	5:30 – 6 p.m.	1/5 – 4/6	\$60

No classes 1/14, 1/15, 1/26, 2/2, 2/19 and 4/1

Advanced Youth Lessons Ages 7 to 18

American Red Cross Learn to Swim Advanced Lessons are divided into three levels which include the refinement of skills already learned; the introduction of more advanced stroke work; and the opportunity to increase ease, efficiency, power, and smoothness over greater distances. Students learn to participate in more advanced courses, including the Water Safety Instructor and Lifeguard Training courses.

#12146	Sun	3 – 3:30 p.m.	1/7 – 4/8	\$60
#12147	Mon	7 – 7:30 p.m.	1/8 – 4/2	\$55
#12143	Tue	2 – 2:30 p.m.	1/2 – 4/3	\$70
#12148	TTh	6 – 6:30 p.m.	1/2 – 2/13	\$65
#12149	TTh	6 – 6:30 p.m.	2/20 – 4/5	\$70
#12144	Wed	7 – 7:30 p.m.	1/3 – 4/4	\$70
#12145	Thu	2 – 2:30 p.m.	1/4 – 4/5	\$65

No classes 1/14, 1/15, 1/26, 2/2, 2/19 and 4/1



Swim Lessons

Springboard Diving

Ages 10 – 50

For information please call Madison Pool
206-684-4979.

Beginning Diving – M/W

#12160 6:45–7:30 p.m. 1/3–2/14 \$97.50

#12161 6:45–7:30 p.m. 2/21–4/4 \$97.50

Intermediate Diving – M/W

#13896 7:30–8:15 p.m. 1/3–2/14 \$90.00

#13897 7:30–8:15 p.m. 2/21–4/4 \$97.50

Adult Diving – Sundays

#13895 6:00–6:45 p.m. 1/7–3/25 \$82.50

No Lessons 1/14/07 & 4/1/07

Special Pops Lessons

Ages 6+

These 30-minute swim lessons are for participants with special needs. Participants may be placed in a small group lesson or receive 1:1 instruction based on individual needs.

#12142 Mon 5 – 5:30 p.m. 1/8 – 4/2 \$55

#12141 Wed 5 – 5:30 p.m. 1/3– 4/4 \$70

No classes 1/15 & 2/19

Adult Swim Lessons

Ages 15+

These lessons provide all levels of instruction for ages 15 years old and older. Lessons are structured around the needs of the participants.

#12170 Mon 7 – 7:30 p.m. 1/8 – 4/2 \$55

#12169 Wed 7 – 7:30 p.m. 1/8 – 4/2 \$70

No Classes 1/15 and 2/19

Private Swim Lessons

Half-hour 1:1 private or 2:1 semi-private lessons allow for customized instruction to meet individual needs. Other times may be available if instructors can be scheduled. *Payment required to register. Private 1:1 lessons can be scheduled for the whole session or for individual dates.* Call Madison Pool at 684-4979 for further information.

1:1 half-hour lesson \$25 each class

2:1 half-hour lesson \$35 each class

Learn to Swim



Through the Pro Parks Levy, Seattle citizens voted to provide funding for one *free* session of swimming lessons per year for all third and fourth grade students who live in Seattle. This program is available to each child regardless of ability.

For more “Learn to Swim” information, please call Madison Pool at 206-684-4979 or visit the web at www.seattle.gov/parks/aquatics/learntoswim.htm.

Got a Party Coming Up?

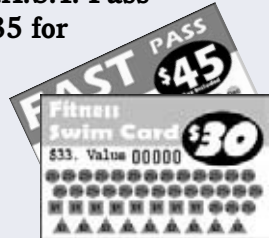
We rent Madison Pool for special occasions! The pool is available for rentals Saturdays from 11:30 a.m. to 2 p.m. and from 5 to 8 p.m., Sundays before 10:30 a.m. or after 6 p.m., and weeknights after 8:30 p.m. Fees begin at \$143. for a one-hour pool rental for up to 30 people. Pool rentals for over 30 people in the pool require additional lifeguards and additional fees will be charged per additional lifeguard. We also rent the lobby for \$60 per hour when the pool is closed or \$40 per hour when the pool is open. Payment required to hold reservation.

Give us a call for more information, 206-684-4979 during operating hours or visit our web site at www.seattle.gov/parks/aquatics/madisonpool.htm.

Water Fitness

Water Fitness Information

Water Fitness classes are year-round, drop-in programs. Individuals can either pay the class fee (\$4.75 for Adults; \$3 for Seniors/Youth/ADA); purchase a Fitness Ticket for \$30; or purchase a F.A.S.T. Pass (\$45 for Adults or \$35 for Youth/Seniors/ADA). Please see page 3 for more info.



Arthritis Water Exercise \$3/class

The Arthritis Foundation Aquatic Program is a recreational exercise class conducted in a heated pool. It provides an opportunity for people with arthritis to network and have fun. Participants are led by a trained instructor through a series of exercises, which use the water's buoyancy and resistance to help improve joint flexibility. The warm water and gentle movements can also help to relieve pain and stiffness. Anyone with movement limitations is welcome. It is not necessary to know how to swim. *A completed participant application form with a doctors release is required to participate.*

Tue/Thu 1 – 2 p.m.

Water Exercise \$4.75/\$3.00

This is an exercise program in shallow water that incorporates aerobics, strengthening, stretching, and flexibility techniques. This class is done to music. No swimming is required.

Sundays 10:30 – 11:30 a.m.

Mon/Wed Noon – 1 p.m.

Tue/Thu 7 – 8 p.m.

Hydro-Fit Deep Water Exercise \$4.75/\$3.00

This non-impact, deep-water class incorporates muscular strengthening, aerobic conditioning, and abdominal toning exercises. Participants use flotation equipment for buoyancy and water resistance. This class is done to music.

Mon/Wed 7:30 – 8:30 p.m.

Tue/Thu Noon – 12:45 p.m.

Aqua Jogging \$4.75/\$3.00

Aqua Jogging is a non-impact exercise program held in the deep end of the pool, designed to give the participant an aerobic workout while developing muscle tone and endurance. Participants use a flotation belt to keep the head above the water; however, participants should be comfortable in deep water. The class is led by an instructor and is done to music.

Fridays Noon – 12:45 p.m.

Adult Masters Workout \$4.75/\$3.00

This coached workout is for the experienced swimmer. Focus is on speed, strength, and endurance.

No registration is required, drop-in admission.

Ages Adults

Sundays 10:30 – 11:30 a.m.

Tue/Thu 6:30 – 7:30 p.m.

Lap Swim \$3.75/\$2.75

This is a recreational swim for adults ages 18 and older. Four lap lanes are available. A two-lane area is open for personal fitness or rehab exercises, except Monday and Wednesday from 6:30 to 7:30 p.m. and Sunday from 11:30 a.m. to 1 p.m., when all six lanes are reserved for lap swimming. *Tuesdays, Thursdays, and Fridays from noon to 1 p.m., the deep end of three lanes will be closed for Deep Water Exercise Classes.*

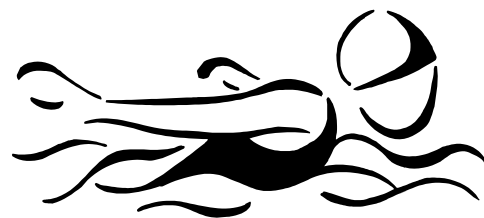
Sundays 11:30 a.m. – 1 p.m.

Sundays 5 – 6 p.m.

Mon – Fri Noon – 2:30 p.m.

Mon/Wed/Fri 6 – 7 p.m.

Tue/Thu 7:30 – 8:30 p.m.



Recreational Swimming



Public Swim

This is a recreational swim for all ages. **Children under 4 feet tall and/or younger than 6 years old must be accompanied by an adult into the water and remain within arm's length of the adult at all times.**

Sundays 1 – 2 p.m.

Mon, Wed 7:30 – 8:30 p.m.

Fridays 7 – 8 p.m.

Fees: \$2.75 Youth/Sr/ADA;
\$3.75 Adults

Pool Playland

The shallow end of Madison Pool is open to infants and children under the age of 6 accompanied by an adult. This is a great time for moms and dads to accompany their young ones into the pool. All of the pool's toys and flotation devices will be available for your use. All children must be accompanied by a responsible adult in the water.

This is a drop in-program, no registration is required. We encourage children in the Tots class immediately before this program to stay. However, a separate admission fee is required.

Sundays Noon – 1 p.m.

Fees: \$2.75 for children; \$3.75 for adults; children under 1 are free

Family Swim

This is a great time for families to play together. Children must be accompanied into the water by a responsible adult. Flotation toys are allowed in the shallow end at the lifeguard's discretion. ***Children younger than 18 years of age must be accompanied into the pool by an adult.***

Fees: \$3.75 Adults; \$2.75 Youth/Sr/ADA

Fridays 6 – 7 p.m.
Shallow end only

Sundays 3:30 – 6 p.m.
Shallow end only from 5 to 6 p.m.



Winter 2007 Schedule

Monday & Wednesday (Pool closed January 15 and February 19 for city holidays)

5:00 – 7:45 a.m.	Swim Teams	2:30 – 6:00 p.m.	Swim Teams
7:45 a.m. – Noon	Seattle Public Schools	5:00 – 7:30 p.m.	Lessons
Noon – 2:30 p.m.	Lap Swim ¹	6:00 – 7:00 p.m.	Lap Swim ²
Noon – 1:00 p.m.	Water Exercise	7:30 – 8:15 p.m.	Hydro-Fit
1:00 – 3:30 p.m.	Lessons	7:30 – 8:30 p.m.	Public Swim (shallow end only)

Tuesday & Thursday

5:00 – 7:45 a.m.	Swim Teams	2:30 – 6:30 p.m.	Swim Teams
7:45 a.m. – Noon	Seattle Public Schools	5:00 – 7:00 p.m.	Lessons
Noon – 2:30 p.m.	Lap Swim ³	6:30 – 7:30 p.m.	Masters Workout
Noon – 12:45 p.m.	Hydro-Fit	7:00 – 8:00 p.m.	Water Exercise
1:00 – 2:00 p.m.	Arthritis Exercise	7:30 – 8:30 p.m.	Lap Swim ¹
2:00 – 3:00 p.m.	Lessons		

Friday (Pool closed at 2:30 January 26 and all day February 2 for Swim Meets)

5:00 – 7:45 a.m.	Swim Teams	5:00 – 6:00 p.m.	Lessons
7:45 a.m. – Noon	Seattle Public Schools	6:00 – 7:00 p.m.	Lap Swim ¹
Noon – 2:30 p.m.	Lap Swim ³	6:00 – 7:00 p.m.	Family Swim
Noon – 12:45 p.m.	Aqua Jogging		(shallow end only)
2:30 – 6:00 p.m.	Swim Teams	7:00 – 8:00 p.m.	Public Swim

Sunday (No classes for Swim Meets January 14 and April 1)

10:30 – 11:30 a.m.	Masters	1:00 – 2:00 p.m.	Public Swim
10:30 – 11:30 a.m.	Water Exercise	2:00 – 3:30 p.m.	Lessons
11:30 a.m. – 1 p.m.	Lap Swim ²	3:30 – 6:00 p.m.	Family Swim (shallow end only 5 – 6 p.m.)
11:30 a.m. – Noon	Tots Lessons	5:00 – 6:00 p.m.	Lap Swim ¹
Noon – 1 p.m.	Pool Playland		

¹4 lanes available for lap swimming and 2 open lanes for other kinds of exercise.

²All 6 lanes available for lap swimming.

³Tuesdays, Thursdays, and Fridays from Noon to 1 p.m., the deep end of the open lanes will be closed for deep water exercise classes.

Volunteer Swim Instructor Aide

Looking for a way to give back to the community or earn community service hours for high school credit? We are looking for people who can commit to a 1½ hour block of time once or twice a week during our lesson program. Each volunteer must complete a background check and go through a volunteer orientation. Call 206-684-4979 for more information.

Pre-requisite: Must be at least 14 years old and have passed American Red Cross swim lesson level 6.